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CBSE 7201

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**Statement of the Problem**

**The education system of New York city is great, however, there are still many flaws within the system. One of the major problems is the fact that children in elementary school do not receive enough time to exercise. They are taught to sit in a classroom for most of the day and learn for long hours with little or no movement time. It is now that young children receive two days out of a week to exercise (gym class) and the rest of the time they are required to sit in a classroom and expected to learn and solve abstract problems which are only learned through the kinesthetic. One of the subjects that is being taught by paper and pen and some manipulatives for the younger children is Math. Children are expected to understand abstract concepts while sitting behind a desk. Math is something that requires movement in order to gain deep understanding of the subject. One way in which this can be taken care of is giving children more time to physical exercise throughout the day. Not the kind of physical exercise that we do by following an instructor but rather more opportunities to play different games that require cognitive thinking. This leads me to propose my research topic. The problem is that children in schools need more time to exercise and play with their bodies which will connect the body and the mind and therefore develop deeper understanding.**

**Statement of the Hypothesis**

To implement physical exercise for 15 students in third grade five times a week, thirty minutes a day for four weeks will increase math achievement scores.